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**US- Claims**

1. Food composition, suitable for shallow frying, comprising triglycerides, wherein least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin.
2. Food composition, suitable for shallow frying comprising 0.05-3 wt.% sunflower lecithin, wherein the sunflower lecithin is hydrolyzed or fractionated.
3. Food composition according to claim 2, wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.1 to 0.5.
4. Food composition according to claim 3, wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.2 to 0.4.
5. Food product according to claim 4, wherein the degree of hydrolysis of the sunflower lecithin is 0.25 to 0.33.
6. Food composition according to claim 1 or 2, wherein the food composition comprises:  
30-100 wt.% fat phase  
0-70 wt.% aqueous phase.
7. Food composition according to claim 5, wherein the food composition comprises:  
0-100 wt.% fat phase  
0-60 wt.% aqueous phase.

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8. Food composition according to claim 6, wherein the food composition is an water in oil emulsion comprising:  
60-90 wt.% fat phase  
10-40 wt.% aqueous phase.
9. Process for the preparation of hydrolyzed sunflower lecithin, wherein sunflower oil is subjected to a de-gumming operation to give native sunflower lecithin, wherein the native sunflower lecithin is subjected to hydrolysis, characterized that the difference in acid value between the hydrolysis product and the native sunflower lecithin ( $\Delta AV$ ) is 2-15.
10. Process according to claim 8, wherein the the difference in acid value between the hydrolysis product and the native sunflower lecithin ( $\Delta AV$ ) is 5-12.
11. Process according to claim 9, wherein the difference in acid value between the hydrolysis product and the native sunflower lecithin ( $\Delta AV$ ) is 7-9.
12. Process according to claim 9 or 10, wherein the hydrolysis is conducted using an enzymatic process using phospholipase A-2 enzyme.